

Navy Drug Detection and Deterrence Newsletter



SERVING PROUD • SERVING DRUG FREE

MARCH 2022



MESSAGES TO SHARE

Below are sample messages to be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. March is National Nutrition Month® along with Navy and Marine Corps Public Health Center's Healthy Eating Month. Maintaining a healthy diet can do more than just help with weight. Diet and nutrition impact many aspects of one's health. Visit NMCPHC's Healthy Eating Toolbox at go.usa.gov/xz463 to find more information on the benefits of good nutrition.
2. Teenagers need reliable information about drugs and alcohol in order to make informed decisions. National Drug and Alcohol Facts Week aims to shatter myths about drugs and alcohol for teens. In 2022, NDAFW is March 21-27. Learn more at go.usa.gov/xz4HV.
3. March 20-26 is National Poison Prevention Week. In 2020, U.S. Poison Control Centers received one human exposure case every 15 seconds on average and responded to over 2 million cases in total. The highest proportion occurred in children under age 5, and 93 percent occurred in a residence. Keep the National Poison Control Center's phone number — 1-800-222-1222 — visible in your home.
4. The Drug Enforcement Agency has a resource for parents, educators and caregivers to learn more about substances and trends among teens. Visit Get Smart About Drugs at getsmartaboutdrugs.gov for information and resources to start important conversations.

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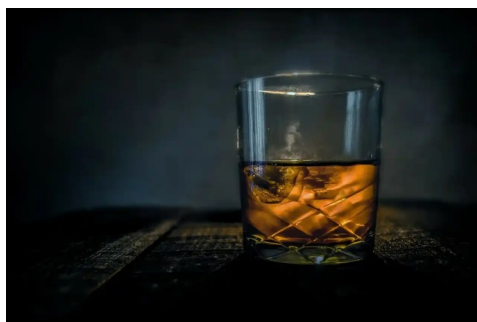
Nutrient Absorption and Alcohol Messages to Share

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Resource for Navy Leaders Thirdhand Smoke Exposure Events

NUTRIENT ABSORPTION AND ALCOHOL

When considering the harm caused by substance misuse, people often attribute the destructive effects to the substance itself wreaking havoc on the body. While alcohol use does negatively impact organs, repeated alcohol **consumption** over time affects the body's ability to absorb nutrients and is one of the leading causes of malnutrition, a potentially life-threatening condition, in the United States.



How does alcohol affect nutrients?

Alcohol affects nutrient absorption in several ways. First, alcohol intake damages the cells in the stomach, decreasing its ability to absorb nutrients. These include macronutrients such as proteins, fats, and carbohydrates and micronutrients like vitamins and minerals. When the liver metabolizes alcohol, it must use stores of essential vitamins, particularly Vitamin B. Vitamin B deficiencies (including B1, B6, and folic acid) can cause nerve and brain damage. Alcohol use is also the leading cause of **thiamine** deficiency, which is found in 80 percent of people with alcohol use disorders.

The liver and pancreas are the two major organs most impacted by heavy alcohol use. Damage to these organs can lead to health complications including diabetes, high blood pressure, permanent liver damage (cirrhosis), seizures, and they can also shorten life expectancy. For women who drink heavily, there is also a heightened risk of osteoporosis.

Can vitamin supplements help?

When there is a vitamin deficiency, it can be difficult to determine the proper dosage of the vitamin for absorption. In hospital settings, alcoholism is often treated by intravenous (IV) supplementation of B vitamins, vitamin C, and other nutrients. When the stomach is damaged, oral supplements will not be properly absorbed. Furthermore, consuming too much of certain vitamins and supplements can lead to toxicity. And, as with all dietary supplements, vitamins are not regulated by the FDA and may contain more than just the listed ingredients.

Healthy Drinking Habits

Although no amount of alcohol is classified as "healthy," men are advised to limit consumption to no more than two drinks a day and women to no more than one to lessen negative consequences. Those who are pregnant, are younger than 21, take certain medications, or plan to drive or operate other machinery should abstain from alcohol completely. If you have concerns about your drinking, don't delay seeking help from local DAPA for assistance or speak to a medical care provider. To learn more about responsible drinking, visit the Own Your Limits campaign at www.OwnYourLimits.org.

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RESOURCE FOR NAVY LEADERS

The following message is from Rear Admiral Putnam H. Browne, Director of the 21st Century Sailor Office

I am pleased to provide you and your Sailors with the Navy Leader's Toolbox, highlighting the essential 21st Century Sailor Programs. These are vital elements leaders should know about culture, programs or policies.

We continue to thrive and learn in a rapidly changing environment. When applied and used effectively, these tools will be a game-changer in our efforts to sustain and grow our competitive edge beyond the 21st Century. As a civil servant, Commander, Commanding Officer, Chief, or young recruit, you are all leaders and enablers to ensure we remain agile and adaptive as we out pace would-be adversaries by leveraging these tools to help our team and families overcome adversity and thrive. We must show the world, by our actions, that a Culture of Excellence is our competitive advantage. You and your families are all significant players in helping us build an inclusive and diverse team committed to continuously improving our Navy.

As the Director of the 21st Century Sailor Office I remain dedicated and unwavering in supporting you individually and collectively to ensure mission and transformational success. I'm proud to be part of such an effective and multi-faceted team, and I am eager to watch us grow.

The FY-22 Navy Leaders' Toolbox is available for download [here](#). For more information and to find other resources about Culture of Excellence, please visit www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Culture-of-Excellence/.

THE FY22 NAVY LEADERS' TOOLBOX IS YOUR ONE-STOP SHOP FOR:

- INFORMATION ON NI'S PROGRAMS & POLICIES TO HELP LEADERS FORGE COMMANDS WITH TOUGHNESS, TRUST, AND CONNECTEDNESS
- INFORMATION ON ALL 21ST CENTURY SAILOR PROGRAMS AND POLICIES
- RECOMMENDED ACTIONS AND BEST PRACTICES FOR EFFECTIVE PROGRAM MANAGEMENT
- REFERENCE INSTRUCTIONS AND NAVADMINS FOR PROGRAM SPECIFICS
- RESOURCES AND MORE

DOWNLOAD IT NOW!
Go to MyNavy HR's website or <https://go.usa.gov/xzCJT>



CURRENT & UPCOMING EVENTS

MARCH DDD WEBINARS

Each webinar is scheduled for 1000-1130 CT and 1700-1830 CT.

3/3— IFTDTL Reports

3/10— Special Testing

3/17— FAQs and Troubleshooting for WebDTP

3/24— ADMITS Reports and Use

3/31— Premise Code Use (IO v. IU for EOY Testing)

www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/

ADAMS FOR LEADERS, DAPA & UPC COURSES

Can be accessed using your CAC by logging in to Navy e-Learning at learning.nel.navy.mil or Catalog of Navy Training Courses (CANTRAC) at

app.prod.cetars.training.navy.mil/cantrac/vol2.html

NMCPHC HEALTHY EATING MONTH

March

Find the toolbox at go.usa.gov/xz463.

NATIONAL DRUG AND ALCOHOL FACTS WEEK

March 21-27

For more information, visit go.usa.gov/xz4HV.

NATIONAL POISON PREVENTION WEEK

March 20-26

For more information, visit aapcc.org/nppw-2022.

THIRDHAND SMOKE EXPOSURE

Most of us are familiar with secondhand smoke, but another type of smoke — thirdhand — may not be as known. Thirdhand smoke is the residual nicotine that may saturate clothing and upholstery and even cover the walls of indoor spaces where people smoke.

A recent study of about 500 children under age 12 found that over 95 percent of them had this residual nicotine on their hands, even when they lived in a home with no smokers. Toddlers whose parents used any tobacco products, with multiple contacts with tobacco users, and without restrictions on smoking in their homes or cars had the highest detected levels. Children face great risks from thirdhand smoke exposure due to frequent hand-to-mouth behaviors, high nicotine intake relative to body weight, immature immune systems, and developing organs.

Quitting smoking is one of the best things you can do for the health of the children in your life. For tips on quitting smoking, visit You Can Quit 2 at ycq2.org.